

A group program for resistance exercise training is disclosed. The group
5 program for resistance exercise training includes the steps of: providing a plurality of
convertible multi-position exercise units; providing instruction and operating the
plurality of exercise units for performing a first exercise in a first configuration;
providing instruction in converting the plurality of exercise units from the first
configuration to a second configuration; and providing instruction in operating the
10 plurality of exercise units in the second configuration. The exercise units include a
frame, a seat positioned on the frame and an adjustable resistance engine attached to the
frame.